



Join our Whitland Carers Group

 **Whitland Town Hall, King Edward St, Whitland SA34 0AA**

Do you care for a family member, friend, or neighbour? Would you like to meet up with people in a similar situation?

Join our friendly Whitland group for a cuppa and a chat where you can access information & advice from our staff on how we can support you as a carer.

The First Friday of Every Month

10am - 12pm

For further information, please contact us on: **0333 121 1332**
or email: **carersincarms@adferiad.org**



Ymunwch â'n Grŵp Gofalwyr Hendy-gwyn

 **Neuadd y Dref Hendy-gwyn,
Stryd y Brenin Edward, Hendy-gwyn SA34 0AA**

Ydych chi'n gofalu am aelod o'r teulu, ffrind, neu gymydog? Hoffech chi gwrdd â phobl mewn sefyllfa debyg?

Ymunwch â'n grŵp cyfeillgar yn Hendy-gwyn am banded a sgwrs lle gallwch gael mynediad at wybodaeth a chynghor gan ein staff ar sut y gallwn eich cefnogi fel gofalwr.

Dydd Gwener Cyntaf Bob Mis

10am - 12pm

Am ragor o wybodaeth, cysylltwch â ni ar: **0333 121 1332**
neu e-bostiwch: **carersincarms@adferiad.org**